

WAX RECOMMENDATION



Empire State Winter Games

Mt. Van Hoevenberg, Lake Placid, NY

Sunday, February 6

1 P.M.

5K-7.5K, Classic

Mass start by distance, Multiple laps

www.empirestatewintergames.com/sports/cross-country

Forecast/Conditions: Overnight low -9F rising to 18 at race time. New snow, packed powder, PistenBully Groomed, with manmade snow tilled in. No new precipitation during the day.

Glidewax: Apply High Performance Blue Hot Wax, scrape and brush. Spray on HP LP Blue, let stand overnight, then polish with the Polishing Brush Liquid Paraffin. If you do not have LP spray, apply BP Blue Hot Wax, scrape and brush, and then apply HP Blue Hot Wax, scrape and brush.

Gripwax: Roughen base with 150 grit sandpaper, iron in Nordic Base Wax Green, cork smooth, let cool. Then apply 3 light layers of Nordic GripWax Blue, corking between layers.

Structure: A fine structure covered by one pass with the Blue Structurite tool after scraping and brushing HP Hot Wax or before spraying HP LP will best suit these conditions.

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Check the [Wax Tips](#) page at TokoUS.com before all of your races for the latest waxing information. Toko Race Wax Tips offer racers precise waxing advice on how to make skis perform optimally for a given event. If you do not have High Performance wax, substitute Performance or Base Performance wax of the same color (Yellow, Red or Blue), as the temperature ranges are the same. All Race Wax Tips recommend ONLY fluorine-free products. Older HP or P Toko waxes (Liquid or Hot Wax) contain fluorine. New labels look very similar but all say PFC Free. To see optimal application procedures for both Glidewax and Gripwax, go to the [How To](#) link at TokoUS.com.

Racing - Service